



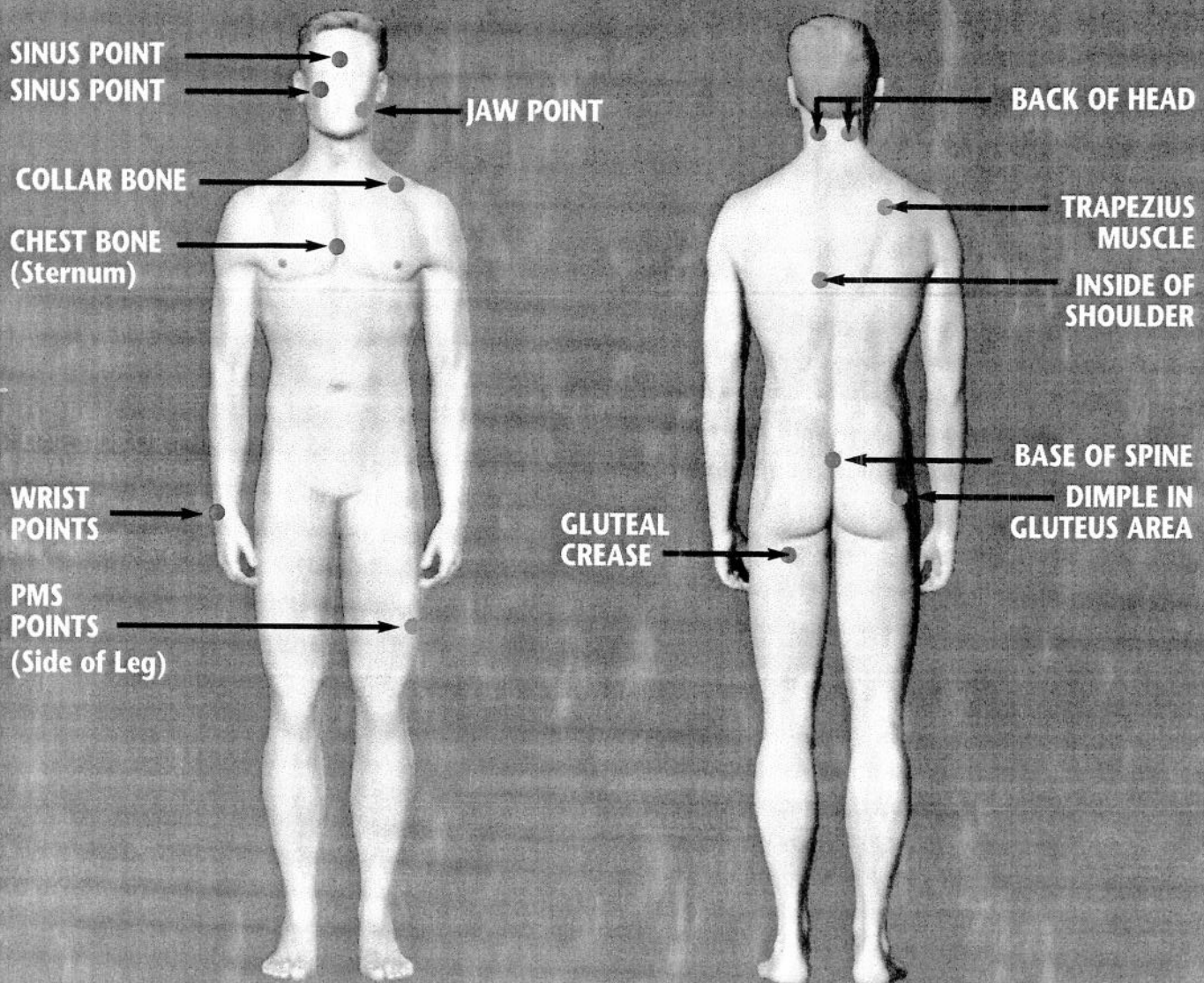
**FIND OUT HOW
YOUR BODY'S**

TRIGGER POINTS

**CAN AFFECT
YOUR HEALTH**

*Important information to help
improve the quality of your life*

TRIGGER POINT LOCATIONS

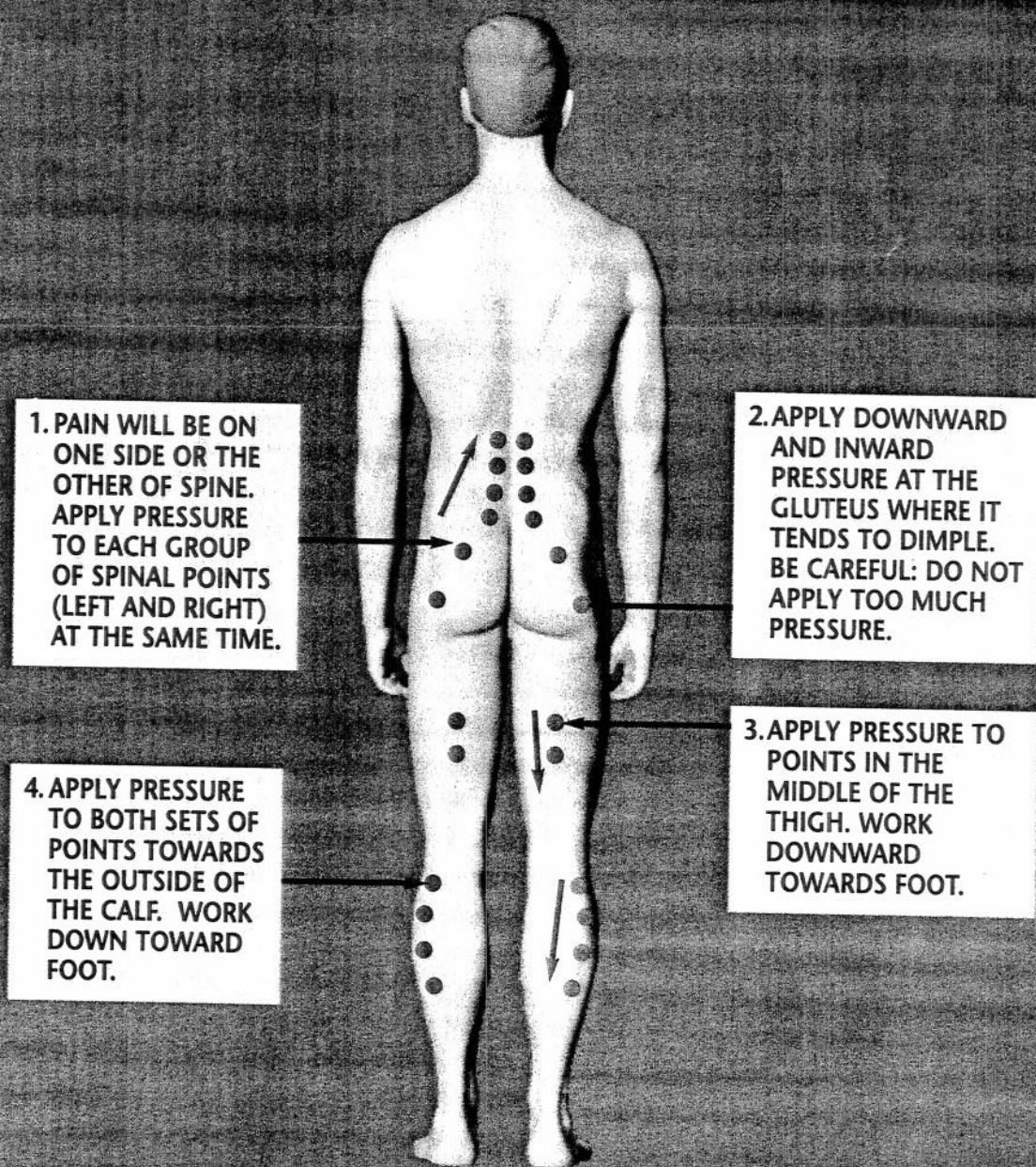


What are trigger points?

Stress affects each individual in a variety of ways. Excess stress that cannot be eliminated from the body is stored in specific spots called trigger points. This stored energy usually occurs along a nerve or nerve pathway, which can result in diminished nerve flow and can ultimately affect your health. Many conditions like headaches, TMJ, and carpal tunnel syndrome can be linked to nerve interference.

By holding pressure on these spots you can loosen the tightness in the area, reduce the amount of stress your body stores, and improve your health.

RELIEVING LOW BACK PAIN



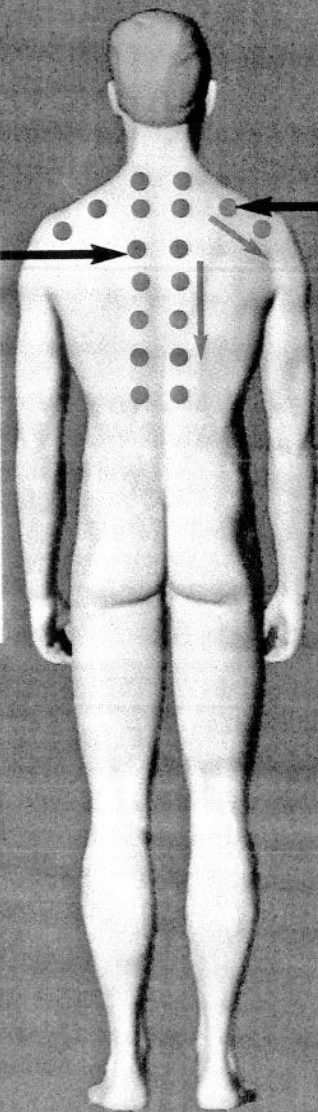
Relieving Back Pain

Eight out of ten Americans will suffer from back pain at some time in their life. If you spend long periods of time sitting, or lifting regularly, you are particularly prone. By working on the trigger points in the lower back and legs you can significantly reduce the amount of stored stress that can be a contributing factor to low back pain.

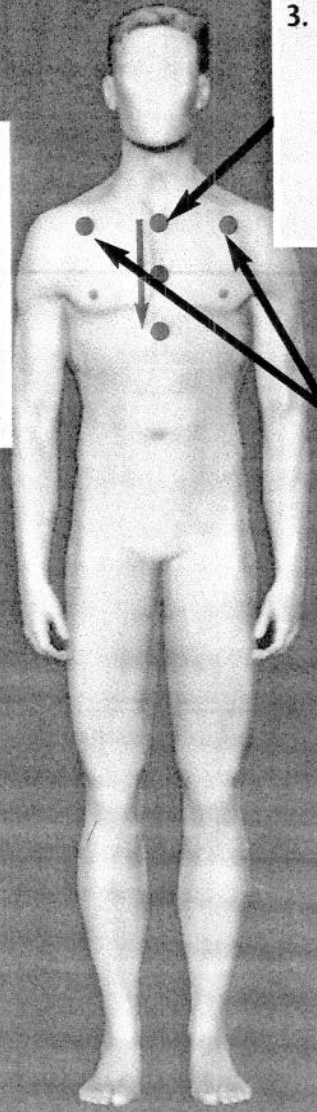
If your pain returns, you will need to seek professional help to determine if there is a structural defect causing your symptoms.

RELIEF FROM FATIGUE AND LOW ENERGY

1. APPLY PRESSURE TO POINTS ON EITHER SIDE OF SPINE. DO BOTH SIDES TOGETHER. REPEAT PROCESS ON PAINFUL POINTS.



2. APPLY PRESSURE TO POINTS ON TOP OF SHOULDERS. REPEAT PROCESS ON PAINFUL POINTS.



3. GENTLY APPLY PRESSURE TO POINTS IN THE CHEST AS SHOWN. REPEAT PROCESS ON PAINFUL POINTS.

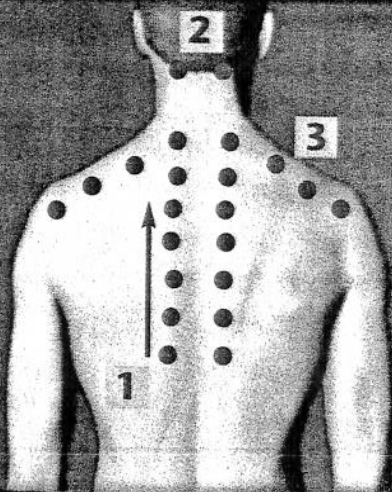
4. TREAT SHOULDER POINTS ONE AT A TIME LAST. THEY ARE LOCATED 1" DOWN FROM CENTER OF COLLAR BONE AND ARE OFTEN VERY TENDER.

Why am I so tired?

Fatigue is a classic symptom in today's society. Stored stress can be a major contributing factor to diminished energy. If so, the symptoms will not go away until this stored stress is removed from the body.

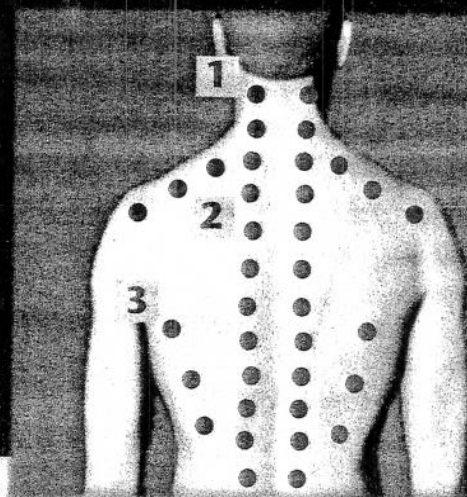
If fatigue persists, lifestyle changes may be necessary. If fatigue becomes chronic without any relief despite these changes, then you may need to seek medical attention to rule out any serious problems.

RELIEVING NECK PAIN...



1. NECK PAIN IS OFTEN CAUSED BY BLOCKED TRIGGER POINTS OR MUSCLE SPASMS IN THE UPPER BACK. DO BOTH TRIGGER POINTS ON EITHER SIDE OF THE SPINE AT THE SAME TIME.
2. NEXT TREAT THE POINTS AT THE BASE OF THE SKULL. THESE MAY BE VERY TENDER AND NEED TO BE WORKED ON SEVERAL TIMES DURING THIS PROCESS.
3. TREATS POINTS AT THE SHOULDER LAST. THESE POINTS ARE ALMOST ALWAYS SORE.

...AND UPPER, MID BACK, AND BETWEEN THE SHOULDERS PAIN



1. FIRST, APPLY PRESSURE TO POINTS IN THE NECK. WORK DOWN THE BACK TOWARDS THE ARMS. REPEAT PROCESS ON TENDER POINTS.
2. THEN APPLY PRESSURE TO POINTS IN THE UPPER SHOULDER AREA REPEATING PROCESS ON TENDER POINTS.
3. FINALLY, WORK THE POINTS OVER THE SHOULDER BLADES. REPEAT PROCESS ON TENDER POINTS.

RELIEF FROM WRIST AND ARM PAIN OR CARPAL TUNNEL SYNDROME

2. TREAT THE POINTS ON THE BACK OF THE ARM. CONTINUE UP THE SHOULDER INTO THE NECK. STOP AT THE TOP OF THE NECK.

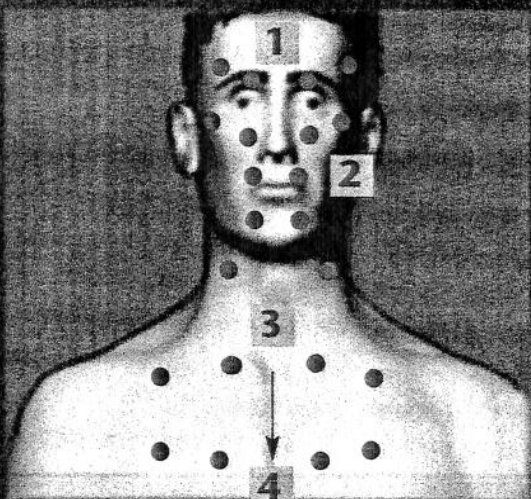
1. ONLY TREAT THE ARM OR SHOULDER EXPERIENCING PAIN. START ON BACK OF HAND ABOVE THUMB AND WORK UP THE BACK OF THE FOREARM BELOW THE ELBOW.

3. FINALLY, TREAT THE TRIGGER POINTS ON THE FRONT OF THE FOREARM. END WITH APPLYING PRESSURE TO THE TRIGGER POINTS IN THE BICEP MUSCLE.

Carpal Tunnel Syndrome

Carpal Tunnel Syndrome results from a compression of the nerve the feeds the hands and wrists. The nerve, called the median nerve, starts in the neck and passes through the shoulder region, down the arm through the carpal tunnel (a formation in the wrist comprised of tendons and bones) to the hands and fingers. It may be first noticed as weakness in hand grip and numbness or tingling in the fingers. The symptoms are often worse at night.

By massaging the sensitive trigger points above, the muscles in the wrist can relax and nerve flow to the area is improved.



RELIEVING SINUS PRESSURE, COLDS, CONGESTION...

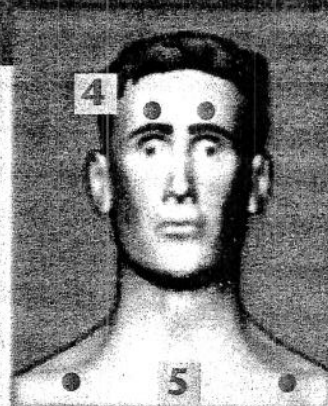
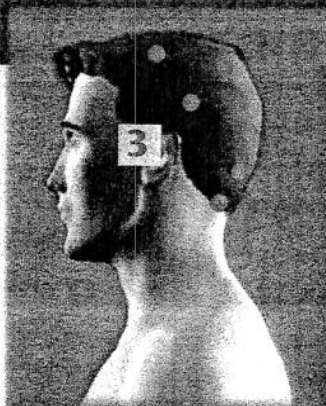
1. BEGIN BY TREATING TRIGGER POINTS DIRECTLY ABOVE EYES, IN CENTER OF FOREHEAD. TREAT BOTH POINTS TOGETHER.

2. NEXT TREAT THE POINTS IN THE MIDDLE OF THE FACE. YOU WILL FIND THESE POINTS TO BE VERY TENDER. TREAT BOTH POINTS TOGETHER. REPEAT FOREHEAD WITH LOWER FACE POINT ON RIGHT. THEN REVERSE. DO SEVERAL TIMES.

3. TREAT CHEST POINTS. THE LEFT AND RIGHT TRIGGER POINTS ARE IN THE CENTER OF THE COLLAR BONES, ONE INCH DOWN. THE CENTER POINTS BEGIN BELOW THE BONY NOTCH IN THE THROAT AREA AND IN THE CENTER OF THE CHEST. DO ONE POINT AT A TIME. REPEAT ON SORE POINTS.

4. LAST, LIGHTLY STRIP OR MASSAGE THE STERNOCLEIDOMASTOID (SCM) MUSCLE TO HELP RELEASE THE LYMPHATIC SYSTEM.

...AND HEADACHES



1. START IN LOWER NECK AND WORK UPWARD.

2. THESE TWO TRIGGER POINTS AT BASE OF SKULL ARE USUALLY VERY TENDER. WORK OUT UNTIL THEY RELEASE.

3. TREAT POINT OVER TEMPLE ONE HALF TO ONE INCH ABOVE EAR. USUALLY VERY TENDER. BE GENTLE.

4. THIS POINT IS DIRECTLY ABOVE EYE, ONE HALF INCH UP. MAY BE VERY TENDER.

5. LAST, TREAT POINTS IN NOTCH UNDER THE CLAVICLE. PRESSURE IS FROM FRONT TO BACK. REPEAT PATTERN TWO TO THREE TIMES.

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